



Inviting Participants for 2 day workshop on “Managing Self for Success” As part of Newly launched “Smart Manager Series”

Date: 2nd & 3rd November, 2017 (Thursday & Friday) Time: 9.30 am to 5.30 pm

Venue: BMA Knowledge Enrichment Facility, 9, Podar House, A Road, Churchgate – 400020

SMART MANAGER SERIES

Scope

The Smart Manager Series of training programs launched by Bombay Management Association is aimed at providing a comprehensive training support to mid-level managers who are tomorrow’s leaders. The modules are specially designed with concepts from Harvard Business Review, McKinsey and other leading publications bringing to the table deeper insight and values.

Option 1 is a basket of eight Modules of 2 days each:- **Option 2 is a set of 2 modules of 4 days each:**

1. Mastering the Art of Communication
2. Managing Self for Success
3. People Leadership
4. Collaborative Teaming
5. The Next Level Leadership
6. Managing Change
7. Strategy & Execution
8. Decision Making Simplified

Module 1 (4 days) – titled ‘The Effective Manager’
Module 2 (4 days) titled ‘Leadership - Simplified for Managers’

This two set module has been designed to give a good exposure in one go to senior managers aspiring to become successful in their leadership pursuits and assignments.

OPTION 1

MODULE NO.3 - MANAGING SELF FOR SUCCESS

Why This Program?

The fast-paced and constantly changing corporate world places non-stop demands of performance and adaptation on today’s professional. Competitive pressures do not allow one to rest on past laurels and one has to continuously raise the bar. “What got you here won’t get you there!” This race for success starts becoming less enjoyable if it takes one away from one’s core – ‘the Self’. If this continues, professional effort starts distancing one from self-development and the source of energy, creativity and joy within starts to shrink. At least it appears so. The Excellence from ‘Without’ becomes unsustainable and a chore.

This workshop is an attempt to pause and glimpse the unlimited source of energy and potentiality, which is the inner self. Focusing on factors within one’s area of influence and enhancing their effectiveness in critical spheres of life, one emerges as a more composed and effective professional.

Who should attend?

Leaders from organizations across hierarchies keen for achieving excellence. Participants with a will to work on themselves and readiness to take charge will be especially benefited.

Program Objectives

- To enable the manager delve deeper into one's Self, discover the source within and learn to leverage it at workplace and life in general
- To learn the 'empowerment' essentials (key attitudes and skills) and enhance ones capabilities for excelling as a professional and as a person
- To discover individual barriers impacting current personal effectiveness and learn ways to develop capabilities towards effectively leading change from within

Program Learning Outcomes

Upon the successful completion of this program, participants would..

- Understand themselves better, explore their unique potential and learn to leverage it at workplace and life in general
- Feel equipped to manage self better in spite of the rising demands of the challenging environment
- Go back with experiential insights and practical tools to help feel empowered

Program Pedagogy/Workshop Methodology

The workshop is designed to be 'un-classroom like'. Experiential insights are gained through a combination of games, activities, puzzles, aided by appropriate videos and questionnaires. Each of these are followed by individual reflection and group discussion. Active and personalised facilitation encourages participants to derive individual learnings and convert them into actionable plans for growth.

Program Pedagogy/Workshop Methodology

Session 1: An innovative Self Discovery and Introduction round and Setting the Workshop Tone

Session 2: Experiential insights on Understanding Change and the Dynamic Environment, the hidden Potential, One's Uniqueness and Individuality and relevance of Leading from within.

Session 3: Self Audit: Realizing one's Strengths & Limiting Beliefs and Assumptions

Session 4: Taking Charge - Four Self Empowering Powers

Session 5: Managing one's resources: Time, Energy, Emotions etc..(tools on enhancing ones Aliveness quotient e.g.practice on mindfulness etc.)

Session 6: Drivers of great performance.

Session 7: Self Managed Leadership (Ways to bring out the best in self and others)

Session 8: Action-planning & Closure: -Tying in all the learning & 'Self -Reflection' on ways to Keep learning alive

Facilitator



Ms. Karuna Chavan Karuna Chavan is Bachelor of Technology from Indian Institute of Technology (IIT), Mumbai and Masters in Personnel Management from Tata Institute of Social Sciences (TISS), Mumbai. She has over 20 years of experience in Human Resources Management, Training and Coaching and held key HR positions in Godrej GE Appliances Ltd, Godrej & Boyce Mfg. Co. Ltd, Castrol and HPCL. The confluence of her corporate experience with

passion and expertise in facilitating (both individual and groups) makes her work contextual and effective.

With her life's purpose identified as 'Facilitating Self-discovery', she decided to focus her energies on growth facilitation. Gifted with an ability to empathize, nurtured by experience in facilitation, she is happy that her personal and professional purposes have converged.

In her independent practice over the last eleven years she has facilitated over 10000 participants through 500 plus workshops in the areas of Personal Excellence and Self Discovery, Team Building, Leadership & Change management, Subordinate Development, and Performance Management. These include managers and executives from corporates and other bodies such as ITC, HDFC Ergo, CII, Jindal Steels, Indian Navy, RMC, Hero Moto-Corp, H&R Johnson, Raptakos, Oetiker India, RBI, Godrej & Boyce, Park Group of Hotels, Society of Helpers of Mary, WIMCO and many others.

She is now a Partner in Inspright, a firm that focuses on transformational journeys for Small and Medium enterprises (SMEs). Here, she leads the work on organizational development, communication and change management.

Karuna has taught at Management Institutes like TISS as a visiting faculty. She is trained in Personal Counseling and in Rational Emotive Behavioral Therapy (REBT). She has good insight into various coaching models and psychometric tests and has undergone workshops on Sensitivity (T-Group) with ISABS, Appreciative Inquiry, and Coaching & Mentoring.

She has learnt Vipassana meditation, Sudarshan Kriya & Yoga and is also trained in Reiki, a form of spiritual healing.

Registration Fees

Fee Structure: Rs. 10000/- Per Module (2Days) +18 % GST Tax

- a. Early Bird – 5% Discount
- b. 10% Discount for more than 1 participant
- c. 15% Discount for Members

Cheque / DD in favour of 'Bombay Management Association

For more details, contact:

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Note: During each program, there would be an experience sharing by an eminent speaker from industry, public & Armed Forces who are experts in their respective fields.